



# The Senior Informer

APRIL 2017

ABINGTON COUNCIL  
ON AGING  
441 Summer Street, Abington, MA 02351  
781-982-2145

Website:  
ABINGTONSENIORCENTER.COM  
Suzanne Djusberg, Director  
COADirector@Abingtonma.gov  
Hours: 9AM to 2PM Mon. thru Thur.,  
9AM to 1PM Fri.

Volume 14

Issue 4

## Council on Aging Board of Directors

Jack Libby, Chairman  
Marie Brown, Vice-Chair  
Maureen Wall, Secretary  
Karen DiLorenzo  
Elizabeth Keefe  
Larry Keough  
Jan Prall  
Lurane Ryerson  
Betty Slinger  
Ann Welch  
George Whiting, Emeritus

## Town Election

April 29

## Town Meeting

May 22 at the High School

## Book Sale at Library

April 28, 12:30-4PM &

April 29, 10:00AM-3PM

## Computer Class Openings

(see pg. 6)

## Drivers Needed

(see pg. 4)

## TOWN CLERK'S OFFICE

*The Town Clerk's office is a very busy place.*



The Town Clerk serves as recording officer, registrar of vital statistics, public records officer, and licensing officer. Duties include the following:

Records and preserves original birth, marriage and death records providing the basis for the Commonwealth's central vital registration system. You can request certified copies of these records in person, by mail or by phone. Certified copies of birth, marriage or death certificates are \$10.00.

—Birth Records: For anyone born in the town or whose parents were living in the town at the time of the birth.

—Marriage Records: For any couple who filed their intentions through the town.

—Death Records: For any death in the town or if the deceased was a resident of the town at the time of death.

Issues business certificates which are required when you conduct a business under a name other than your own. The certificate should be issued from the Town where you conduct your business. The fee is \$40.00 for a business certificate and it is valid for four years.

Issues dog licenses which are required for any dog that resides in the Town. A valid rabies certificate is required to obtain a dog tag from the Town. The fee is \$10.00 for a spayed or neutered dog. Dog licenses need to be renewed in January of each year.

Conducts the annual town census and prepares the street list of residents and furnishes the jury list to the Office of the Jury Commissioner.

The Town Clerk also serves as chief election official and is directly responsible to the voters of the Town. The Town Clerk oversees and supervises voter registration, absentee and early voting, polling location and the conduct of all elections and election-related activity.

—Directs preparation of ballots, voting equipment, voting lists, certifies nomination papers and initiative petitions.

—Prepares, records and reports official election results to the Secretary of State of the Commonwealth.

—Records and certifies all official actions of the Town, including town meeting legislation and appropriations, Planning and Zoning Board of Appeals Decisions, signs all notes for borrowing, and keeps the Town Seal.

The Clerk also administers the oath of office to all elected and appointed members of local committees and boards and ensures that all elected and appointed officials are informed in writing of the State's Open Meeting and Conflict of Interest Laws.

Posts all Town Meetings in accordance with the Massachusetts Open Meeting Law.

Maintains records of adopted municipal codes, local bylaws, oaths of office, resignations and appointments, petitions, publications, budgets, meeting minutes, and financial statements.

Submits bylaws and zoning ordinances to Attorney General for approval.

Provides access to public records in compliance with State Public Records Law and corresponding regulations.

Assists with genealogical research for members of the public and is responsible for maintenance, disposition, and preservation of municipal archival records and materials.

Issues permits for raffles and bazaars.

Last year was a very busy election year for our office. The year started with the Presidential Primary in March, Town Election in April, State Primary in September ending with the Presidential Election

*(Continued on page 2)*

## ACTIVITIES

Bingo  
Blood Pressure Screening  
Bocce  
Chair Yoga w/Joanne  
Chess, Computer Classes  
Cribbage, Exercise Room  
Hatha-Yoga w/Joanne  
Hearing Tests  
Knitting & Crocheting Group  
Line Dancing, Mah Jongg  
Pickleball, Quilting Class  
Senior Lunches, Tues. & Thu.  
Tai Chi, Zumba

## COUNCIL ON AGING STAFF

Suzanne Djusberg - Director  
Michelle Robison -  
Nutrition Coordinator  
Amy Barrett -  
Outreach Coordinator  
Transportation Coordinator  
John Freese - Custodian  
Jack Brown, David LaCouture,  
Jack Libby - Van Drivers

**BOOK RECOMMENDATION*****All The Gallant Men***

by Donald Stratton

w/Ken Gire (copyright 2016): At 8:06AM on Dec. 7, 1941, 19-year-old Seaman First Class Donald Stratton was



consumed by an inferno. A million pounds of explosives had detonated beneath his battle station aboard the *USS Arizona* barely 15 minutes into Japan's surprise attack on American forces at Pearl Harbor. In this eyewitness account of the attack—the only memoir ever written by a survivor of the *USS Arizona*—94-year-old Stratton shares his story of bravery and survival on Dec. 7, 1941. As the 75th anniversary of the Pearl Harbor attack has recently passed, this is a timely read. Don, one of the few living survivors writes an intimate reflection on the tragedy that drew America into the greatest armed conflict in our history. *All the Gallant Men* is an inspiring memoir and a good read. Where were you when news of the attack reached us and war was declared the next day?

**HISTORICAL FIGURES—  
PAUL REVERE**

Most people remember Paul Revere for his famed midnight ride, but here are some things you may not know about this famous American patriot. Paul Revere was of

French extraction. His family immigrated to Boston when Paul was age 13. He was a silversmith by trade, although he used his skills as a craftsman to wire dentures made of walrus, ivory, or animal teeth. Paul Revere was also known for his art, i.e., creating illustrations used in books, magazines, political cartoons, and tavern menus. The well-known poem about his midnight ride is inaccurate. For one thing, Revere was not alone on his mission to warn John Hancock, Samuel Adams, and other patriots that the British were approaching Lexington on the evening of April 18, 1775. Two other men, William Dawes and Samuel Prescott rode alongside him. His most famous quote was fabricated—He never shouted the legendary phrase "The British are coming"! The operation was meant to be conducted as discreetly as possible. Mr. Revere went on to become a successful businessman. After the American Revolution, he opened a hardware store, a foundry, and eventually the first rolling copper mill in the United States.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 7th of previous month (i.e., 7th of April for the May 2017 issue). E-mail- [foasnewsletterteam@yahoo.com](mailto:foasnewsletterteam@yahoo.com).

**HEALTH AND ASSISTANCE**

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Tuesdays of every month, 10:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

**SENIOR TRANSPORTATION—CALL 781-982-2145****(24 HOUR ADVANCE NOTICE REQUIRED)**

**Council on Aging Van** is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewater between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1:00PM. Cost for round trip is \$3.00. Each week we will alternate between malls.

**SENIOR NUTRITION—CALL 781-982-2145**

**Meals on Wheels** delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

**Senior Lunches:** Tuesdays 11:30—cost \$4.00. Thursday 11:30—suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

**MEDICAL EQUIPMENT**

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

**FUEL ASSISTANCE**

Appointments are scheduled by calling Amy Barrett at 781-982-2145-X2.

**SENIOR COMPUTER LEARNING CENTER**

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to [www.seniorcomputerlearningcenter.org](http://www.seniorcomputerlearningcenter.org).

**POETRY CORNER**

The year's at the spring  
And day's at the morn;  
Morning's at seven;  
The hill-side's dew-pearled;  
The lark's on the wing;  
The snail's on the thorn:

God's in his heaven-  
All's right with the world!

—Pippa Passes

**Limerick**

No matter how grouchy you're  
feeling,  
A smile is always quite healing;  
It grows like a wreath  
All around the front teeth,  
Thus preserving the  
face from congealing.

**TOWN CLERK'S OFFICE —The Town Clerks office is a very busy place. (Continued from page 1)**

in November. Abington participated for the first time in "Early Voting." Over 3,773 residents voted early for November's Presidential Election. Thank you to everyone that assisted us during these elections.

Abington's annual town election will be held on April 29th, 2017. If you are unable to get to the polls please let us know and we can mail an absentee ballot to you.

Assistant Town Clerk Barbara Comoletti and I both enjoy our work very much. We enjoy our daily interactions with the residents of Abington and surrounding communities. In our time away from the Clerk's Office, I enjoy volunteering with St. Vincent DePaul and the Abington Food Pantry. I also enjoy walking, the beach, and my family. Barbara also loves the beach, spending time with her boys; she loves cooking, and teaches fitness classes at the Weymouth Club and Abington's own Hometown Athletic Club. Did you know she also teaches kick boxing? If we can be of assistance to you in any way, please don't hesitate to call. —Leanne Adams, Town Clerk

**FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS**

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

**JUNE 2016 started a new membership year good until JUNE 2017. Please make checks payable to:**

**"Friends of Abington Seniors, Inc."**

**and mail to P.O. Box 2035, Abington, MA 02351**

***Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.***

**Friends of Abington Seniors Membership for 2016-2017: \$7.00 per person or \$100 for lifetime membership.**

***Please send donations to this address:* P.O. Box 2035, Abington, MA 02351**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**In Memory Of** \_\_\_\_\_

**Send Acknowledgement to** \_\_\_\_\_

**THE BIRTHDAY GIFT THAT KEEPS ON GIVING**

***Do you have a birthday coming? Can't think of anything you want or need?***

***Suggest a donation in your name to the Friends of Abington Seniors, Inc.***

**Memberships:**

William & June Buckley

John & Dorothy Rosseel

Anne Eisele

Mary L. Tanguay

Ann M. Reilly

Joanne Gibbons

**Memoriams:**

Edward Kiernan by Muriel Kiernan

Albert Reichert by Helen & Vincent Wedge

Patricia Bates by Ann M. Reilly

Albert Reichert by Maureen & Dick Wall

**APRIL PUZZLE**

What are the Capitals of the following states?

Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota

*(See answers on page 8.)*

**Crispy Onion Chicken**

½ cup melted butter

1 Tbsp. Worcestershire sauce

1 tsp. ground mustard

**APRIL RECIPE**

½ tsp. garlic powder

¼ tsp. pepper

4 Chicken Breast Halves, boneless, skinless

1 (6 oz.) can regular or cheddar flavored French fried onions, crushed

In shallow bowl, mix together first five ingredients. Dip chicken into mixture, then coat with crushed onions. Place in greased 9 inch square baking pan and top with any remaining onions. Drizzle with any remaining butter mixture and bake, uncovered, in a preheated 350 oven for 30 to 35 minutes, or until juices run clear.

**APRIL CHUCKLES**

After retiring, a former Gunnery Sergeant in the Canadian Army took a new job as a high school teacher. Just before the school year started, he injured his back. He was required to wear a light plaster cast around his chest. The cast fit under his shirt and wasn't noticeable when he wore his suit coat.

On the first day of class, he found himself assigned to the toughest students in the school. The smart-ass punks, having already heard the new teacher was a former soldier, were leery of him and he knew they would be testing his discipline in the classroom.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze blowing in made his tie flap, he picked up a stapler and stapled the tie to his chest. —

***DEAD SILENCE!***

A one dollar bill met a 20 dollar bill and said, "Hey, where've you been? I haven't seen you around here much."

The twenty answered, "I've been hanging out at the casinos, went on a cruise and did the rounds of the ship, back to the United States for awhile, went to a couple of baseball games, to the mall, that kind of stuff. How about you?"

The one dollar bill said, "You know, same old stuff, *church, church, church.*"



***Kitchen Wish List:*** Coffee regular and decaf, tea bags.



**OUTREACH — APRIL 2017**

You may be surprised to learn the following facts:

More than 25 million Americans over the age of 60 are economically insecure and are living at or below the federal poverty level. These statistics compiled by the National Council on Aging highlight how life for many senior citizens can be a daily struggle. • 21 percent of married Social Security recipients and 43 percent of single recipients depend on the program for 90 percent or more of their income. • 2.1 million older adults on Supplemental Security Income receive, on average, about \$435 every month. • Nearly 500,000 people between the ages of 55 and 64 and 168,000 over the age of 65 who wanted to work were unemployed for 27 weeks or longer in 2014. • One-third of senior households have no money left over every month or are in debt after meeting essential expenses. • In 2013, 61 percent of households headed by a person over the age of 60 had some form of debt, with the median total more than \$40,000. • In 2015, 2.9 million households with a senior over the age of 65 experienced food insecurity. • Three out of five adults over the age of 60 who qualify for the Supplemental Nutrition Assistance Program aren't enrolled. \* In 2013, 34 percent of senior households still owed money on a mortgage, home equity line of credit, or both. \* About 3.5 million older homeowners are underwater on their loans and have no home equity. **CLOSER TO HOME**...here in Massachusetts, more than half of Bay State seniors are struggling to pay for housing, food and health care as the cost of living in MA continues to surge, a troubling trend that has elder advocates calling for legislation aimed at ensuring that older residents who worked their whole lives aren't falling through the cracks. The Bay State has the second-largest population of elderly residents who are scraping to get by, *second only to Mississippi*. People are living on few sources of income, a lot don't have pensions. Social Security is the core of what a lot of people rely on, but it hasn't kept pace. In the hopes of reversing the troubling trend, AARP is spearheading an effort to lobby Congressional leaders from coast to coast to protect Social Security and Medicare benefits. Every delegation in the country has been contacted. All my best. *Amy Barrett 781-982-2145 X2.*

**COMMUNITY BREAKFAST**

Colony Center for Health and Rehabilitation on Route 18, Abington, is sponsoring a **free** community breakfast on the third Wednesday of every month at the Abington Senior Center from 8:30 to 10:00. Veterans and community members are invited. Coffee, orange and other juices, compliment breakfast items such as sausage, baked potatoes topped with scrambled eggs and bacon, English muffins, etc. Come, enjoy a good breakfast, good company, and conversation.



**NEEDED—now:** Volunteer driver(s) for medical trips. If you or someone you know is available and willing to help out with this critical need for our seniors, please contact COA Director Suzanne Djusberg at 781-982-2145 X 7 or Outreach Coordinator Amy Barrett at 781-982-2145 X 2.

*Dyer Memorial Library, Centre Ave., Abington*

**DYER MEMORIAL LIBRARY—A RESOURCE FOR LOCAL HISTORY & GENEALOGY**

**Local History & Genealogy:** Ann Campbell Thomas and Jim Campbell enjoyed a “memory lane” visit to the replica Pharmacy at the Dyer Memorial Library. Their Father, John “Bill” Campbell bought Nash’s pharmacy from Mr. Nash in 1901 and owned it until 1968. Ann and Jim perused their Father’s old prescription books and other items in the pharmacy and shared their recollections with us. Also, we learned that Ann’s husband, Wayne Thomas, was the Principal of the North School in Abington for 3 years, ca. 1957. **Genealogy:** The Children’s Museum of Oak Ridge, TN wanted to know more about the Chamberlin family that lived on Plymouth St. in Abington from 1850-1905. They have a dollhouse in their collection that belonged to the one of the Chamberlin children. Thanks to the Historical Survey of Abington, we learned that John Chamberlin bought his Plymouth St. house in 1773 and, “...so many Chamberlin descendants built houses in this vicinity (300-392 Plymouth St.) that it became known as the Chamberlin Neighborhood.”

**Local History:** Does anyone remember a military encampment on North Union St. in Rockland during WW II? Jennie Horsch wrote a paragraph about her childhood memories of it and gave it to the Dyer. Her recollection is the only information the Dyer has about it. Donald Cann, HSOA representative for Rockland, has a hunch that there might have been a Labor Camp full of POW’s located at Forest St. & North Union St. and that it may have been guarded by a black Service Regiment. What do you remember about Nash’s Pharmacy, the Chamberlin families on Plymouth St., and a possible Labor Camp in Rockland during WW II? The Dyer wants to capture any and all the memories you wish to share about Abington, Rockland, and Whitman! Send us a note or drop by!

*Dyer Memorial Library - P.O. Box 2245, Abington, MA 02351, email: [info@dyerlibrary.org](mailto:info@dyerlibrary.org), 28 Centre Ave., Tue-Fri, 1-5 pm*

# APRIL 2017 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>	<u>4</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> American Chop Suey, Salad, Italian Bread, Dessert, Beverage	<u>5</u> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilt Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>6</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>7</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b>
<u>10</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>  <i>Passover Begins</i>	<u>11</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Steak & Cheese Subs, Cole Slaw, Chips, Dessert, Beverage  <i>Full Pink Moon</i>	<u>12</u> <b>9:00 FOAS Meeting</b> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilt Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>13</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>  <i>Thomas Jefferson born (1743)</i>	<u>14</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b> <b>1:00-2:30 Line Dancing</b>  <i>Good Friday</i>
<u>17</u>  <b>SENIOR CENTER CLOSED</b>  <i>Patriots Day, Boston Marathon, Red Sox at Fenway</i>	<u>18</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Soup, Egg Salad Sandwich, Crackers, Chips, Dessert, Beverage <b>6:00 COA Meeting</b>  <i>Last Day of Passover</i>	<u>19</u> <b>8:30-10:00-Free Community Breakfast</b> <b>10:00 Chess</b> <b>10:00 Knitting Group</b> <b>10:00-12:00 Quilting Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>20</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>21</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b> <b>1:00-2:30 Line Dancing</b>
<u>24</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>  <i>Holocaust Remembrance Day</i>	<u>25</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Popcorn Chicken Bowl, Sliced Tomatoes, Rolls, Birthday Cake, Beverage	<u>26</u> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilting Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>  <i>New Moon</i>	<u>27</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>28</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b>  <i>National Arbor Day</i>
<i>4/1 All Fools' Day</i> <i>4/9 Palm Sunday</i> <i>4/16 Easter Sunday</i> <i>4/22 Earth Day</i> <i>4/23 National Volunteer Week</i> <i>4/30 National Animal Advocacy Day</i>	<i>April Vacation Week</i> <i>4/17 to 4/21</i>  <i>4/28 &amp; 29</i> <i>Book Sale at Library</i>  <i>4/29 Town Election at Emerald Hall</i>			<i>Menu subject to change</i>

### NANTUCKET LIGHTSHIP LV112

This is the oldest ship of its kind and the largest ever built in the United States (150 ft, a 1,000-ton vessel). By way of history, lightships and their crews were exposed to many dangers and the most dangerous lightship assignment was on the Nantucket Shoals station. In addition to the obvious hazards posed by the weather and sea conditions, vessels marking shipping lanes on occasion were struck by the very traffic they existed to protect. Ships would home on their radio beacons at night and in fog, but were expected to post lookouts and to turn away in time. This lightship was an important aid for vessels making transatlantic crossings and was seen by passengers approaching the coast of the United States long before they saw the Statue of Liberty. Constructed in 1936 and designated a National Historic Landmark in 1989, *Nantucket Lightship/LV-112* was called the "Statue of Liberty of the Sea," as it was the first and last U.S. landmark seen by ships traveling to and from Europe. The vessel's famed fog signal could be heard for 14 miles, while its light beacon could be seen for 23 miles. *Nantucket Lightship LV112* was decommissioned in 1975. At present, this remarkable vessel is docked in East Boston, painted bright red with the name "Nantucket" in large white letters. It is open to the public. Overall, 179 lightships were built between 1820 and 1952.



### MICROWAVE IN PLASTIC? IS IT SAFE?

Our experts say if you must use plastic, choose containers that are labeled "microwave safe" or bear a microwave symbol. Other types, including food containers such as yogurt cups, are more likely to allow plastic to leach into your food, become too hot to handle safely, or even melt. Any plastic container that's scratched, worn, or damaged can do the same. "A glass container with a glass lid will result in the lowest possible contamination risk during heating," says Rolf Halden, Ph.D, director of the Biodesign Center for Environmental Security at Arizona State University. Microwave safe ceramics are another good option. —*On Health brochure*

### DIABETES—HOW TO EXERCISE

After-meal activity may benefit those with type 2 diabetes, according to a recent New Zealand study. Researchers there found that volunteers with diabetes who took three 10-minute walks per day (after breakfast, lunch, and dinner) saw their post-meal blood sugar levels drop 12 percent more than those who took one 30-minute stroll daily. Controlling after-lunch blood sugar spikes can reduce the risk of heart disease and the need for higher doses of insulin. —*On Health publication*

### SENIOR COMPUTER CENTER OPENINGS

The Senior Computer Learning Center (SCLC) in Abington currently has openings for the following courses: Windows 10 - Intermediate, Computer Tips 1 & 2, Freebies from the Internet and Buy & Sell on eBay. Also, Google Secrets, Genealogy, Facebook and How to Save & Edit Photos and iPad/iPhone have openings. For more information please call 508-521-4008 or visit our website at [seniorcomputerlearningcenter.org](http://seniorcomputerlearningcenter.org). Classes are open to residents of all cities and towns who are 50 or older.



Registrations will be accepted anytime up to the starting date of the first class (based on availability). To register by mail, go to [seniorcomputerlearningcenter.org](http://seniorcomputerlearningcenter.org) and print registration form(s). Complete form(s) and enclose with a check made out to SCLC. Mail to: Senior Computer Learning Center, 441 Summer St., Abington, MA 02351. To register in person: registration forms are available outside the classroom in the COA. Put filled out form(s) with a check in the locked mailbox. The Senior Center is open Mon. – Thurs., 9 AM to 2 PM and Fri., 9 AM to 1 PM. Need more information? Call 508-521-4008 anytime.

### NOTABLE PERSON

Frederick Law Olmsted, American Landscape Architect, popularly considered to be the father of American landscape architecture, was born on *APRIL 26, 1822*. His father, John Olmsted, was a prosperous merchant who took lively interest in nature, people and places. Frederick Law and his younger brother John Hull also showed this interest.

F.L. Olmsted spent the next 20 years after a variety of endeavors that he eventually utilized in creating the profession of landscape architecture. A series of influences, beginning with his father and supplemented by reading British writers on landscape art, convinced him of the importance of aesthetic sensibility as a means of moving American society away from frontier barbarism and toward what he considered a civilized condition.

In 1857 he secured the position of Superintendent of Central Park and the following March, he and Calvert Vaux won the design competition for the park.

Olmsted co-designed with Vaux, Elm Park in Worcester, considered to be the first municipal park in America; Franklin Park, Boston; the Emerald Necklace, Boston; South (now Kennedy) Park, Fall River; Forest Park, Springfield, featuring America's first public "wading pool."

In 1895 senility forced Olmsted to retire. In 1898 he moved to Belmont and took up residence as a patient at McLean Hospital, for whose grounds he had submitted a design which was never executed. After his retirement and death, his sons John Charles and Frederick Law Jr. inherited and formed the nation's first landscape and architecture business known as the OLMSTED BROTHERS, an influential landscape architectural firm. The Olmsted Brothers firm was retained to design a public park in Whitman, land gifted in 1880 by Augustus Whitman and implemented in 1900. The Rockery and other Olmsted Brother designs are spread throughout Easton.





**Abington COA  
441 Summer  
Street  
Abington, MA  
02351**

**Non-Profit  
Organization  
U.S Postage Paid  
Abington, MA  
Permit #26**

*An Apache Blessing*

May the sun bring you new energy by  
day,  
may the moon softly restore you by  
night,  
may the rain wash away your worries,  
may the breeze blow new strength into  
your being.

May you walk gently through the world  
and know its beauty all the days of your  
life.



**Miscellaneous**

**Line Dance Schedule:** Dancing with Dotty Belanger at Abington Senior Center on 1st and 3rd Friday afternoons at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

**Support Groups– Open to the Public– No Charge:** Grief Counseling/Bereavement Group, Abington, meets once a month at the Library, 1st Thursday, 6:30 pm. For further info call 781-982-2139. Prostate Cancer Support Group, monthly, 3rd Thur., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

**Food Pantry:** St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

**Supporters of the Abington Seniors**

**Abington Elderly Services, Inc.**

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**APRIL FOOLS' DAY...AROUND THE WORLD**

The earliest recorded reference to April Fools' Day was in Geoffrey Chaucer's "Canterbury Tales" in 1392. Although historians believe April Fools' began in France, no one is entirely certain. One belief is that it began with a calendar change in the 16th century, when Pope Gregory XIII adopted the Gregorian calendar and New Year's Day was moved from April 1 to January 1. In Scotland, April Fools' Day used to be called "Hunt the Gowk Day." (Gowk is an old Scottish word for a foolish person.) The French call April 1st Poisson d'Avril or "April Fish." French children sometimes tape a picture of a fish on the back of their schoolmates. In Spain, December 28th is the equivalent of the U.S. April Fools' Day, a religious holiday named in honor of young children slaughtered by order of King Herod around the time of Jesus' birth. In England, depending on where you live, instead of being called "fool" on April Fools' Day, you could be called "noodle," "noddly," "goby," or "gob." A Flemish April Fools' tradition has children locking their parents or teachers from their homes/classrooms, only letting them back in when they promise a treat. Even Mark Twain had something to say about April Fools' Day: "This is the day upon which we are reminded of what we are on the other three hundred sixty-four." So, beware....and enjoy the silly pranks of April 1st.



GOD has given us two hands—one to **receive** with and the other to **give** with. —Billy Graham, Religious Leader